

Spontaneous rhythmic Self-organisation

Due to my long-term interest in particle physics, I have become oriented in how matter organizes through processes of synchronization and self-organisation. These processes have many similarities with the rhythmic sensorimotor tuning I have identified in my practice.

In an interview, physicist Steven Strogatzⁱ shows how such rhythmic tendencies exist not only in humans, but in all matter. He uses the Kuramoto model to describe how oscillators (things that vibrate), (which is practically everything as interpreted by theorists like Karen Barad,ⁱⁱ) tend to influence each other and spontaneously synchronize through self-organization. This happens in three steps.

1. First, all the individuals are only aware of their nearest neighbours.
2. Second, all the individuals tend to line up.
3. Third, they're all attracted to each other, but they try to keep a small distance apart.

When those three rules come into play, automatically you start to see swarms that look very much like fish schools or bird flocks.

When different entities come together with their different frequencies the rhythms will start to affect each other. For reasons of joint efficiency, they may synch up and vibrate together through spontaneous self-organisation. This fundamental organizing takes place on all scales. Even on atomic level these three rules structure how matter organizes and shifts. Strogatz brings up two examples. One example is setting off a large number of metronomes. They start at different times, but gradually we see how they begin to synchronize. The other example is from the Millennium bridge in London. The bridge was delayed for years of reconstruction, because at the initial inauguration the whole bridge started swaying violently due to the pedestrian's involuntary synchronization.

I suggest that the inclination to sensorimotor processing prominent in many artists and autistics is part of the same fundamental and universal ways of co-composition that takes place between all matter.

Psychologist Jonathan Schooler's "resonance theory of consciousness" supports that resonance (another word for synchronized vibrations) is at the core of not only human consciousness but also animal consciousness and of physical reality more generally.ⁱⁱⁱ Also physicist Federico Faggin argues for this kind of panpsychism (that consciousness exists in all matter) from a within a western science perspective^{iv}.

Therefore, I propose that the sensorimotor processing enables a relational becoming with the world and all things in it. That it is part of the same vibrational consciousness shared by all matter. And it is through this interconnected process, that we come closer to the reality of this world.

ⁱ Veritasium, the suprising secret of synchronization, video, link:

ⁱⁱ Karen Barad,

ⁱⁱⁱ Hunt T, Schooler JW. The easy part of the hard problem: a resonance theory of consciousness. *Front Hum Neurosci*. 2019;13:378. doi:10.3389/fnhum.2019.00378.

^{iv} Faggin F. *The primordial quantum language*: Essentia Foundation; 2021 May 23. Available from: <https://www.essentiafoundation.org/the-primordial-quantum-language/reading/>